

I Had Some Help

拍數: 32 牆數: 2 級數: Improver
編舞者: Pat Lamanna (USA) - May 2024
音樂: I Had Some Help (feat. Morgan Wallen) - Post Malone



Start on Lyrics

Ball-Heel-Ball-Cross, Modified Jazz Box, Cross Shuffle, ¼ Shuffle Turning L

& Hop diagonally back onto ball of R foot
1 Tap L heel forward
& Step L heel down in original position
2 Cross R over L
3 Step L back
4 Step R to R side
5 & 6 Cross Shuffle LRL (facing 12h, traveling towards 3h wall)
7 & 8 Shuffle backwards RLR turning ¼ counterclockwise to 9h (still traveling towards 3h wall)

¼ Step L, Drag R, Ball-Cross, Side Step, Weave, Heel Grind ¼ R, Step Back L

1 Big Step L turning ¼ counterclockwise to face 6h (stepping L further out towards 3h wall)
2 Drag R foot towards L
& Step down onto R ball
3 Cross L over R
4 Step R to R side (still facing 6h, now traveling towards 9h wall)
5 & 6 L behind, R side, L cross
7 Step R to R side and heel grind ¼ clockwise (now facing 9h)
8 Recover back onto L

TAG here on wall 4. On the 7th count of the previous set (count 15 of dance) turn ½ instead of ¼ and then restart the dance. Wall 4 starts facing 6h, and with this modified turn, the restart will also be facing 6h, keeping this as a 2 wall dance.

Step Back R, Pony Step Back, Step Back R, Rock Back L, Recover R, ½ Turn, ¼ Turn

1 Step back R
2 & 3 Pony step back LRL
4 Step back onto R
5 Rock back onto L (optional: turn upper body counterclockwise ¼ to face 6h)
6 Recover forward onto R (if optional turn on ct 5 done: turn upper body clockwise ¼ to face 9h)
7 Step L back turning ½ clockwise (traveling towards 9h wall, facing 3h wall at end of this step)
8 Step R side turning ¼ clockwise (R foot ends closer to 9h wall than L foot, end facing 6h)

Press-Ball-Change, Cross Rock & Recover, 4x Diagonal Jumps Back (this entire 8 counts faces 6h)

1 Cross Rock L over R foot
2 Recover onto R foot
& Step L to L side
3 Cross Rock R over L foot
4 Recover onto L foot
5 Jump diagonally back onto R foot, touching L next to R
6 Jump diagonally back onto L foot, touching R next to L
7 Jump diagonally back onto R foot, touching L next to R
8 Jump diagonally back onto L foot, touching R next to L

& Hop diagonally back on to ball of R foot (this is the first step of the dance, rewritten here to show the transition)

Enjoy!

Last Update: 12 May 2024
